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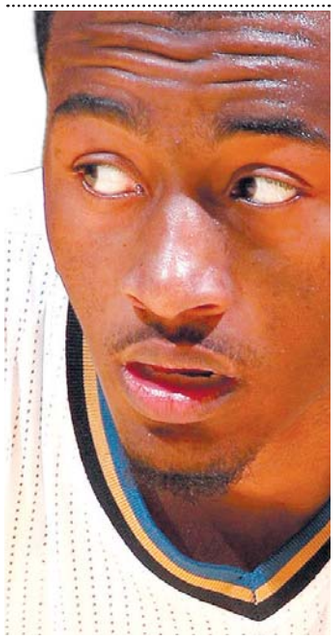
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Tuesday

FEBRUARY 15, 2011 | A PUBLICATION OF The Washington Post | NEWS, ENTERTAINMENT, ARTS, LIFESTYLES | FREE DAILY



ENCORE PERFORMANCE?

Streak snapped, the Wizards shoot for a second road win **13**

PR. GEORGE'S PROBE

Johnson indicted on eight counts in a pay-to-play scheme **10**

A BITTER SWEET

Campaign aims to end child labor behind Ivory Coast's cocoa **7**

am 46 | 31 pm

FOR EXTENDED FORECAST, SEE PAGE 33



GETTY IMAGES

BURNED BY THE BUDGET

Obama's $3.7T fiscal blueprint would spread the pain to just about every American 11

eo

eye openers

Awww, Litter. That's So Sweet.

In keeping with a mysterious Valentine's Day tradition, an unknown person/people plaster/plasters sheets of paper with red hearts on them all over downtown Montpelier, Vt., for Valentine's Day. The so-called Valentine's Bandit's work first appeared in 2002. The "phantom" has his — or her — own Facebook page, dubbed the Montpelier Valentine Phantom Phan Page. **(AP)**

'For a Good Tire, Call ...'

A suspected Southern California thief loading tires into a van made it easy for detectives to track him down: surveillance footage shows his name and cell phone number on the side of the van. Jeffrey Lewis Yancey pleaded not guilty to burglary and property fraud in the alleged Jan. 17 crime. **(AP)**

Seven Couples to Never Want to Kiss Again Ever



Seven couples in Pattaya, Thailand, locked lips for more than 36 hours to celebrate Valentine's Day. Organizers claim this "kissathon" is the longest recorded smooch in history. The previous record — 32 hours, 7 minutes and 14 seconds — was set in 2009 by a couple in Germany. According to the rules, competitors' lips cannot part at any time. They may drink, but only through straws while kissing. They also have to remain embraced during bathroom breaks. **(AP)**

The Big Picture

TINA FINEBERG/AP



JOHN WU AND STEPHANIE HULL kiss for photographers after their Monday wedding on the 86th floor of the Empire State Building. The couple were one of 14 from across the country exchanging vows in the skyscraper for the 17th Annual Empire State Building and Theknot.com Valentine's Weddings Event. **(AP)**



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In Brief

WASHINGTON

Sherrod Sues Blogger Over Video Controversy

A former Agriculture Department employee who was shown in an edited video making what appeared to be racist remarks has sued conservative blogger Andrew Breitbart, who posted the video that led to her dismissal. Shirley Sherrod said Monday that she is "still reeling" after she was ousted in July. (AP)

CLEVELAND

Man Convicted of Arson That Killed 9 at Party

A mentally disabled former drug dealer was convicted Monday in the arson deaths of eight children and a woman at a birthday sleepover. Antun Lewis, 27, was charged with one federal count of arson in the deadliest fire in Cleveland history because the house was rented with a federal subsidy. (AP)

PHOENIX

Ariz. Lawmakers to Mull Immigration Proposal

Arizona lawmakers are trying to widen the state's illegal immigration crackdown with a proposal to require hospitals to confirm whether patients are in the country legally. The proposal being heard late Monday by the state Senate's judiciary committee would require hospitals to contact authorities if a patient is an illegal immigrant. (AP)

Tensions Rise Over Spill Claims

Slow process, fund administrator irk Gulf Coast residents

New Orleans

President Obama vowed during a speech last June that the $20 billion he helped coax out of BP for an oil spill compensation fund would take care of victims "as quickly, as fairly and as transparently as possible."

Eight months later, that's not how things look to many people along the Gulf Coast.

Tens of thousands of fishermen, business owners and hotel operators await payment. Many others whose claims have been turned down question the evenhandedness, and without the data, officials question the openness.

An Associated Press review that included interviews with legal experts, government officials and more than 300 Gulf residents found a process beset by red tape, and at the center, a fund administrator whose ties to BP have raised questions about his independence.

Dissatisfaction has reached a fever pitch: Lawmakers are demanding the White House step in, the Louisiana governor and others want a federal judge to intervene, and the people most affected by the April 20, 2010, disaster are threatening to line courthouse steps if they don't see changes from administrator Kenneth Feinberg.

"A lot of promises were made by Feinberg and President Obama that this would be a very open process, and I just don't feel that's the case," said Rep. Steve Scalise, R-La.

Feinberg, who runs the fund and was lauded for overseeing the compensation fund for 9/11 victims, has insisted he is being fair.

Feinberg said he doesn't think all $20 billion will be needed to compensate victims. Half should suffice, he said.

"Overall, I think the program has worked well," Feinberg said.

The Justice Department has urged Feinberg to speed up payments, reminding him in a recent letter that he is not there to save BP money.

Rudy Toler, 30, a shrimper and oysterman from Gulfport, Miss., may soon add to those appeals.

The father of four said he filed a claim for losses of about $140,000. He said he has been told repeatedly he needs more documentation. In the meantime, Toler said, he is struggling to feed his family.

"They're just trying to make me jump through so many hoops," he said.

Feinberg urges people unhappy with the fund's decisions to appeal to the Coast Guard, which, as of late January, had processed 264 out of 507 appeals and in every case agreed with the fund. (AP)



PATRICK SEMANSKY/AP

BP oil spill claims fund administrator Kenneth Feinberg speaks in Grand Isle, La., in January. In recent weeks, hundreds of complaints have flooded the fund's website.

Cumbersome Process?

So far, nearly 490,000 claims have been filed, and roughly half have been turned down. Fund administrator Kenneth Feinberg has acknowledged that the system is clogged by the sheer volume of oil spill claims, along with inflated or outlandish requests. Among them: One person filed a claim for the entire $20 billion; a boat captain sought reimbursement for lost income for himself and four deckhands, but it turns out he didn't have any deckhands; and a fisherman claimed he lost a month on the water, but his boat had a hole in it and was dry-docked even before the spill. (AP)

$3.4B

The total amount handed out so far to 169,000 oil spill victims by the Gulf Coast Claims Facility, which was set up by the federal government and BP.

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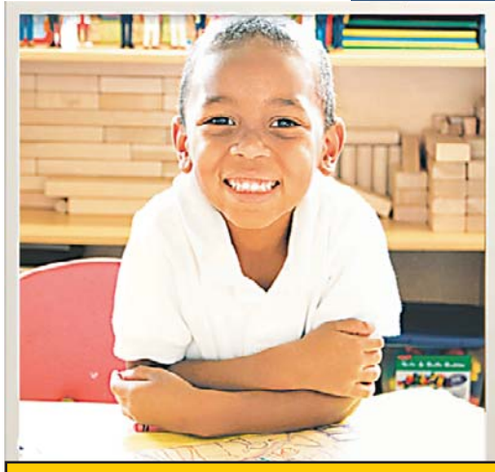


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Nation

Taking Rehab in Stride

Sources: Giffords can walk, mouth lyrics to well-known songs

Phoenix

Rep. Gabrielle Giffords can walk while holding onto a cart, mouth the lyrics to easy songs and have simple conversations, according to family, staff and her doctors.

Her husband, Mark Kelly, said in an interview broadcast Monday on NBC that he can ask his wife questions and she can respond.

"The communication is coming back very quickly," he said.

Kelly said she is trying so hard that her speech therapist, who only a few days ago was trying to get her to talk more, is now asking Giffords to slow down and make sure she hears the question before giving an answer.

The New York Times reported late Sunday that Giffords' efforts to relearn how to speak have included mouthing song lyrics, such as "Twinkle, Twinkle, Little Star" and "Happy Birthday to You."



Meanwhile ...

For Rep. Gabrielle Giffords, D-Ariz., who was shot in the head Jan. 8 in an attack that left six dead and 13 wounded, it's still too early to say whether she might be able to return to her job in Congress. Doctors say recovery from such severe injuries can be the most dramatic in the first year, though progress often slows in the second six months. For now, Giffords' doctors are continuing to encourage her brain to repair and rewire. **(AP)**

Giffords also briefly spoke with her brother-in-law Scott Kelly by telephone Sunday as he orbited aboard the International Space Station.

"She said, 'Hi, I'm good,'" her chief of staff, Pia Carusone, told the paper. Scott Kelly is the brother of Giffords' husband, who is also an astronaut.

She has also been receiving briefings from aides on the recent uprising in Egypt and on last week's decision by Sen. Jon Kyl, R-Ariz., not to seek re-election.

"We tell her everything that's going on," Carusone said. "Don't get the idea she's speaking in paragraphs, but she definitely understands what we're saying, and she's verbalizing."

The congresswoman began rehabilitation in Houston late last month.

Giffords, 40, has beaten one of her nurses at tic-tac-toe and has changed from "kind of a limp noodle" to someone who is "alert, sits up straight with good posture," the Times reported that an e-mail from her mother, Gloria Giffords, said.

Rehab specialists say brain injury patients who regain speech typically begin to do so about four to six weeks after the incident. **(AP)**

$4K **The bonus amount expected for most U.S. hourly workers** at General Motors Co. given its strong performance last year, a person briefed on the payments said. It's more than double the previous record payment of $1,775, in 1999. GM plans to pay more than $189 million to 48,000 hourly workers and millions more in bonuses to salaried employees, according to documents obtained Monday by The Associated Press. **(AP)**

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World

In Brief

QUITO, ECUADOR

Judge Fines Chevron $8B For Oil Contamination

An Ecuadoran judge ruled Monday that Chevron Corp. was responsible for oil contamination in a wide swath of Ecuador's northern jungle and fined it at least $8 billion, the plaintiffs' lead attorney told The Associated Press. Chevron said it would appeal and called the ruling "illegitimate and unenforceable" in a news release. **(AP)**

KABUL, AFGHANISTAN

Suicide Bombing Kills 2 At Afghan Shopping Mall

A suicide bomber struck Kabul's first Western-style shopping mall Monday, killing two security guards at the entrance to the complex in the second attack in less than a month targeting a site frequented by foreigners and upscale Afghans in the heavily secured capital. The Ministry of Interior said the bomber detonated his explosives at the gates of the Kabul City Center shopping mall. Two people were wounded in the blast. **(AP)**

DAMASCUS, SYRIA

Syria Sentences Blogger To 5 Years in Prison

A Syrian court on Monday sentenced a 19-year-old blogger to five years in prison on charges of spying for a foreign country. The U.S. and international human rights groups have called for the release of Tal al-Mallohi who has been held since December 2009. Her blog, known for poetry and social commentary, focuses mostly on the suffering of Palestinians. It was not clear whether al-Mallohi's arrest was connected to the blog. **(AP)**

Egypt Effect Feeds Middle East

Iran, Bahrain, Yemen absorb message from Cairo's uprise, unrest

Dubai, United Arab Emirates

The possible heirs of Egypt's uprising took to the streets Monday in different corners of the Middle East: Iran's beleaguered opposition stormed back to central Tehran and came under a tear gas attack by police. Demonstrators faced rubber bullets and birdshot to demand more freedoms in the relative wealth of Bahrain. And protesters pressed for the ouster of the ruler in poverty-drained Yemen.

The protests — all with critical interests for Washington — offer an important lesson about how groups across the Middle East are absorbing the message from Cairo and tailoring it to their own aspirations. The heady themes of democracy, justice and empowerment remain intact as the protest wave works it way through the Arab world and beyond. What changes, however, are the objectives. The Egypt effect, it seems, is elastic.

For the Iranian opposition — not seen on the streets in more than a year — it's become a moment to reassert its presence after facing relentless pressures.

Tens of thousands of protesters clashed with security forces along some of Tehran's main boulevards, recalling the chaos after the disputed re-election of President Mahmoud Ahmadinejad in June 2009.



YVES LOGGHE/AP

Yemeni anti-government protesters shout slogans Monday demanding political reform and the resignation of President Ali Abdullah Saleh in Sanaa, Yemen.



AP PHOTO

Iranian protesters throw stones at police officers Monday during a protest in Tehran.

"This isn't a one-size-fits-all thing. Each place will interpret the fallout from Egypt in their own way and ... context."

— **MUSTAFA ALANI,** REGIONAL ANALYST AT THE GULF RESEARCH CENTER IN DUBAI.

In Yemen, meanwhile, the protests are about speeding the ouster of the U.S.-allied president, Ali Abdullah Saleh, who has promised he would step down in 2013.

Protesters in the tiny Gulf nation of Bahrain are not looking to topple its monarchy. But their demands are no less lofty: greater political freedom and sweeping changes in how the country is run.

Turkish President Abdullah Gul, who is visiting Iran, urged governments in the Middle East to listen to the their people: "When leaders and heads of countries do not pay attention to the demands of their nations, the people themselves take action to achieve their demands." **BRIAN MURPHY (AP)**



Fly Away With Me: The number of monarch butterflies migrating from Canada and the U.S. to Mexico has increased this year, a hopeful sign after a worrying 75 percent drop in their numbers last year, experts reported Monday. The total amount of forest covered by the colonies — millions of orange-and-black butterflies that hang in clumps from the boughs of fir trees — more than doubled from last year's historic low. **(AP)**



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Chocolate: A Guilty Pleasure

Critics call attention to child labor behind Ivory Coast's cocoa

Johannesburg

Some of the cocoa in that Valentine's Day chocolate probably came from a West African country where the man in power for a decade is still clinging to office. And activists say consumers might also think twice if they knew unpaid 5-year-olds helped produce it.

This year, human rights advocates are harnessing the political crisis in Ivory Coast, the world's largest cocoa producer, to add momentum to an ongoing campaign to force the world's chocolate makers to improve their labor practices.

Supporters of the internationally recognized winner of Ivory Coast's election also have pushed for a cocoa ban in an effort to financially strangle incumbent leader Laurent Gbagbo, who, the U.N. says, lost the November election.

"It's clear that the taxes that come from cocoa go directly to keeping Gbagbo in power. That's why we called for an export ban, and it seems to be working," said Patrick Achi, spokesman for internationally recognized winner Alassane Ouattara.

About 1.8 million children ages 5 to 17 work on cocoa farms in Ivory Coast and Ghana, according to the fourth annual report produced by Tulane University under contract to the U.S. Department of Labor to monitor progress.

40

The percentage of the 820,000 children working in cocoa in Ivory Coast who are not enrolled in school. Only about 5 percent of the children are paid for their work (AP)

Years of campaigning by "fair trade" consumers already have forced chocolate makers to sign onto to agreements to help clean up the cocoa supply chain. But little has changed in the decade since the U.S. Congress passed the Harkin-Engel Protocol to introduce a "no child slavery" label for chocolate marketed in the United States.

Campaigns recently have begun targeting the Hershey Company because it is the only major chocolate producer in the world that hasn't made a commitment to use certified cocoa, activists say. Hershey's, though, says it is working to improve lives in local communities.

"Our focus is on-the-ground programs that promote sustainable livelihoods in West Africa," said Hershey's spokesman Kirk Saville. **MICHELLE FAUL (AP)**

Health



ZIMBABWE LAUNCHED a blood drive on Valentine's Day in an effort to ease dire shortages at the national blood bank. Officials say 130,000 blood donors are needed for this year's "give love, give blood" campaign, which runs for two weeks. Last year, only 57,000 people gave blood, and most of the supply comes from schoolchildren. (AP)

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Doors Still Closing

Q I've noticed more and more problems with the Metro train doors during my commute lately. Does Metro release any statistics on this? Also, when the doors stop working, why does Metro empty the entire train?

Dr. Gridlock offers commuter counseling online at washingtonpost.com

Door problems have long been one of the top reasons that trains get taken out of service. Metro does try to isolate problem cars if possible, but I think the door problems, in many cases, are an exception to that. Metro does share measures of these things in its monthly Vital Signs report. I'll quote from the latest one: "System-wide, rail fleet reliability decreased by 4% in December, due largely to persistent door malfunctions."

Q I'm a Texan who's new to the area and thought it would be cool to ditch my SUV for the S2 and S4 buses. But here's the deal: They're always full! Any advice for a guy who wants to take the bus but doesn't want to stand on 16th while overfilled buses pass me by? Some mornings I've waited 40 minutes -— and it's darn cold up here!

I used to live in El Paso and loved those wide-open spaces. This is a very different experience. Bus lines like the S2 and S4 are among the most popular in our very congested area. I've let them pass me by quite often. Would you consider walking up a couple blocks to U Street and trying to catch the S9? That's the limited-stop bus that operates every 10 minutes during rush hours.

Q I am very upset over a response from Metro Transit Police Chief Taborn during the WMATA Riders Advisory Council. When asked how Metro would respond if a person refuses a bag inspection and walks away, he said, "I can tell you without any uncertainty that that person would be observed. And what that means to you is different than what it means to me, but that person would be observed." Taborn's comment sounds as if little thought was given to the rights of Metro riders.

I think the board should have discussed this before the police implemented the new policy in December. The board is a policy board and this is a policy matter, because it fundamentally changed the relationship between the transit system and riders. From now on, the transit authority considers all riders as terrorist suspects, and police will randomly select customers to prove their innocence before boarding trains.

METRO PULSE

How do you like to be romantic when it's not Valentine's Day?



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Local

Former Pr. George's Exec Indicted

Johnson charged with bribery, tampering, aiding and abetting

Greenbelt, Md.

Former Prince George's County executive Jack B. Johnson was indicted on Monday in federal court in Maryland on eight charges, including bribery, witness and evidence tampering, and aiding and abetting.

Johnson, 61, a former prosecutor who was the county's top elected official from 2002 to 2010, is accused of playing a key role in a conspiracy that reaches deep into the ranks of power players in the tight-knit government and business communities.

Johnson, along with an unnamed public official, accepted things of value — including money, trip expenses, airline tickets, rounds of golf, mortgage payments and in-kind campaign contributions — from business owners and developers in return for official favors, the 31-page indictment states. The indictment alleges that the conspiracy lasted from 2003 until last November, almost through the entirety of Johnson's term.



LINDA DAVIDSON/TWP

Leslie, left, and Jack Johnson at the swearing-in of Pr. George's exec Rushern Baker.

"Pay-to-play government is not democratic government."

— **ROD J. ROSENSTEIN,** U.S. ATTORNEY, IN A STATEMENT MONDAY.

The indictment doesn't name the other public official, but it says that the official was Johnson's housing director. James Johnson is the former director of the Prince George's County Department of Housing and Community Development.

The quid pro quos provided by Johnson and other officials included helping developers and business owners obtain jobs, business permits and county funding, the indictment states.

The indictment outlines a pay-to-play atmosphere in Prince George's during Johnson's eight years as county executive and for the first time charges Johnson with actually soliciting and receiving a bribe.

The indictment in U.S. District Court in Greenbelt comes three months after Johnson and his wife, Leslie, 58, a member of the County Council, were arrested at their brick colonial in Mitchellville. The couple were overheard on a wiretap plotting to hide $79,600 in cash in Leslie Johnson's bra and flush a $100,000 check from a developer down the toilet as FBI agents knocked at the door. **(THE WASHINGTON POST)**

In Brief

WASHINGTON

Levy's Mom Not Sure Guandique Killed Intern



Guandique

The mother of Washington intern Chandra Levy says she'd like to believe Ingmar Guandique is responsible for her daughter's death, but admits she has a sliver of doubt. When asked whether she felt 100 percent certain the right man had been convicted of the crime, Susan Levy said on CBS' "The Early Show" Monday that, "To be honest, I always have that 5 percent of not being sure." **(AP)**

LINTHICUM, MD.

BWI Airport Sets Record

Maryland officials say Baltimore-Washington International Thurgood Marshall Airport hit an all-time record for passenger traffic in 2010. More than 21.9 million commercial passengers flew through the airport last year. That's an increase of 4.7 percent over 2009. **(AP)**

The Lotteries

Monday, Feb. 14

Maryland

Mid-day Pick 3 7-4-6
Evening Pick 3 (Sun.) 8-4-4
Mid-day Pick 4 9-4-2-9
Evening Pick 4 (Sun.) 8-2-7-4
Match 5 (Sun.) 8-10-24-26-30 (16)

District

Mid-day Lucky Numbers 4-9-6
Evening Lucky Numbers (Sun.) 5-1-5
Mid-day DC 4 6-8-3-2
Evening DC 4 (Sun.) 5-1-4-8
Mid-day D.C. Five 7-9-3-2-4
Evening D.C. Five (Sun.) 4-7-9-1-2

Virginia

Mid-day Pick 3 5-2-9
Evening Pick 3 (Sun.) 6-9-3
Mid-day Pick 4 0-0-3-7
Evening Pick 4 (Sun.) 8-4-5-8
Mid-day Cash 5 (Sun.) 15-18-21-23-32
Evening Cash 5 (Sun.) 1-7-8-21-24

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.

$100M

The amount the Smithsonian's budget would increase under Obama's new plan, bringing the total budget to $865.1 million. (AP)

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12%

Department Of Energy: In pursuit of boosting the number of electric cars on the road, Obama proposes $588 million, an 88 percent increase, for helping communities that invest in electric-vehicle infrastructure. He would also alter the $7,500 tax credit for buyers of electric vehicles, making it a tax rebate available immediately at the point of sale.

9%

Dept. of Veterans Affairs: Obama's proposed $58.8 billion for the agency includes $208 million to implement an expansion of benefits for those caring for service members severely wounded in the two wars. Critics note that the department has already missed a Jan. 31 deadline to fully implement the program.

11%

Department of Education: Much of the department's growth would support keeping the maximum Pell grant at $5,550 per year. Economic troubles mean far more students are qualifying for the college-access program. Grant recipients are projected to increase from about 6 million in 2008 to more than 9 million in 2012, putting major pressure on the federal budget.

Cuts Felt by All

How Obama's budget proposal could affect you in the short term and for years to come

Washington

Crumbling inner-city sidewalks, dirtier drinking water, more debt for some college students and higher heating costs for low-income families could be part of the legacy of President Obama's proposed budget. One way or another, his effort to save money in hundreds of programs might touch every American.

No rewrite of the family budget is called for at this point. Obama's plan is little more than a wish list, certain to be reshaped by Congress if it even goes anywhere. (Last year's wish list didn't.)

But it shows where Obama wants to go, how he proposes to get there and, to some extent, which spending cuts and increases he is willing to fight for in a Congress where Republicans want to cut far more.

SQUEEZING THE POOR

If you are an older worker looking for the government's help training for a new job, you might get a little nervous. Obama wants to halve a program that helps seniors with career or community service training.

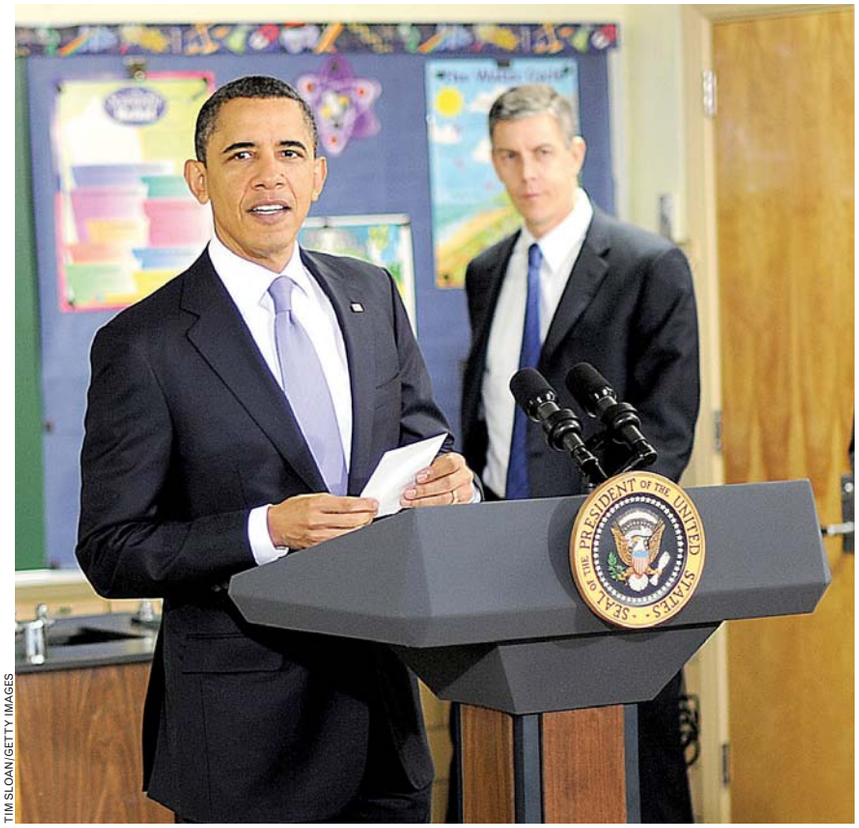
Obama's budget would squeeze the poor on several fronts, the rich on one big front — their taxes — and others in scattered ways. People living in or needing public housing will take a hit if he gets his way. Obama wants to spend much less to maintain public housing and to build new homes for the elderly and disabled. He also wants to cut by half the grants that provide poorer families with substantial help paying their energy bills. And low-income students may feel a pinch with the plan to eliminate Pell grants for summer school.

A TAXING PROPOSITION

In his budget, Obama proposes once more to raise taxes on the rich, not just increasing their rates but limiting their charitable, mortgage-interest and state-tax deductions. He gave up trying to increase taxes on the wealthy in the last round of wrangling but is trying again.

Government is so complex and sprawling that multiple spending programs are often aimed at the same problem and it can be a fool's game trying to see how it will all shake out. Sometimes, it depends where you live.

For example, Obama is seeking big cuts in grants that help states upgrade sewage treatment and drinking water systems. He also wants to do away with a clean-diesel program that his administration says removed tons of pollution and made people healthier. On the other hand, he wants to spend hundreds of millions more to help states meet sweeping air pollution regulations.



TIM SLOAN/GETTY IMAGES

President Obama announces his budget proposal Monday during a news conference in Baltimore, Md.

$1.65T

Obama is projecting that the deficit will hit an all-time high of $1.65 trillion this year and then drop sharply to $1.1 trillion in 2012, with an expected improvement in the economy and as reductions in Social Security withholding and business taxes expire. (AP)

TIME WILL TELL

Obama proposes a whopping 68 percent increase in Transportation Department spending, with much of the money geared toward fixing highways and putting more people in high-speed trains. Yet the vision of smoother blacktop appears not to extend to all roads. Obama is proposing cuts in community development grants that hard-pressed mayors use for streets, sidewalks, water and sewers in poor neighborhoods.

Many of the changes would play out over time. His budget stuffs in billions to improve teaching in the years ahead and specifically to recruit 100,000 math and science teachers over a decade, as well as to bring high-speed wireless to more of rural America. Health research is a big priority, with dividends to come down the road.

Much closer to the here and now is the proposed halving of the Low Income Home Energy Assistance Program. The program cut energy costs for more than 8 million families last year, and an estimated 3.2 million families could lose the subsidies. (AP)

Losers

$78B

Defense: The Pentagon would take a hit of $78 billion over the next five years, and defense spending would increase only for inflation thereafter. Combined with the drawdown in Iraq, overall military spending would be cut by 5 percent in 2012, compared with Obama's 2011 request.

$1.3B

EPA: House Republicans are sharpening their knives to cut even more from an agency that plans to pressure big polluters to reduce greenhouse gas emissions. Already, the administration backpedaled slightly on funding the Great Lakes Restoration Initiative, cutting its budget by $125 million.

= even

Dept. of Interior: Cuts were made to construction projects in wildlife refuges, national parks, public lands and tribal areas. But Obama's pet project, generating 9,000 megawatts of energy through wind, geothermal and solar power, initiatives gained $73 million.

$3.2B

Dept. of Agriculture: The biggest hit—more than $1 billion—was to conservation programs that affect thousands of acres of both wetlands and farmlands in the U.S. (TWP)

Sports

In Brief



AP

Jadeveon Clowney waited until his 18th birthday to choose South Carolina.

COLLEGE FOOTBALL

Top Defensive Recruit Signs With Gamecocks

Top football recruit Jadeveon Clowney picked South Carolina over Clemson and Alabama on Monday, ending an extra 12 days of suspense. The the 6-foot-6, 250-pound senior took a different path than other recruits, delaying his decision from national signing day on Feb. 2 until Monday, his 18th birthday. **(AP)**

ICE SKATING

Discrepancies Found In Age of Chinese Skaters

China is facing new questions about the ages of some of its athletes after discrepancies were found in the birth dates of nine figure skaters. According to a list of birth dates published on the Chinese Skating Association's website and found by The Associated Press, the skaters violated the sport's age limits by competing when they were either too young or too old. The birth dates on the federation's websites differ from those listed on the athletes' International Skating Union bios. **(AP)**

PRO FOOTBALL

Super Fan Dies at 79

One of the men featured in a Visa commercial for having never missed a Super Bowl has died. He was 79. Bob Cook had been to 44-straight Super Bowls but couldn't make to watch his beloved Packers defeat the Steelers on Feb. 6. **(AP)**

MEN'S COLLEGE HOOPS

Jayhawks Are No. 1

Kansas is the new No. 1 in the AP's college basketball poll. The Jayhawks moved up one spot Monday after Ohio State's first defeat, a loss at Wisconsin. **(AP)**

WINTER CHECKUP

With pitchers and catchers reporting to camp this week, here's a first take on how the off-season really turned out.

OFF-SEASON WINNERS



1 BOSTON RED SOX The Red Sox get the top spot here not only for their aggressive moves to add **Carl Crawford** and Adrian Gonzalez to their lineup, or for the acquisition of Bobby Jenks for bullpen depth (and insurance on Jonathan Papelbon), but also for the relative backward steps of their top AL East rivals.



2 PHILADELPHIA PHILLIES The Phillies' stealth acquisition of **Cliff Lee** gives them a potentially all-time-greatest rotation — which should allow them to compensate for a questionable bullpen and an aging lineup that lost one of its most potent contributors, Jayson Werth, to free agency.

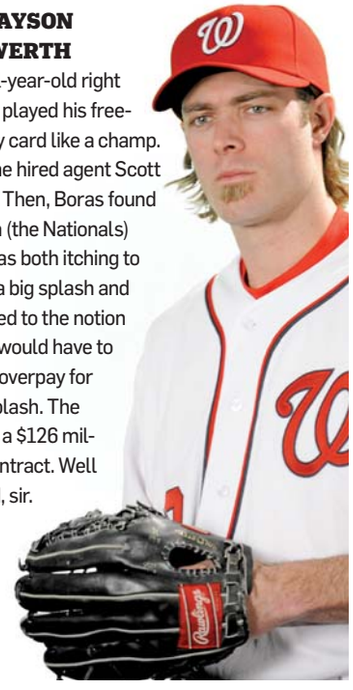


3 MILWAUKEE BREWERS They could have traded first baseman Prince Fielder for prospects, as many expected them to, and reloaded for a run in 2012 or beyond. Instead, they took a bold, double-barreled shot at winning now by trading for Toronto's Shawn Marcum and Kansas City's **Zack Greinke**.



4 OAKLAND A'S The A's tried hard, but failed, to get Adrian Beltre. What they did instead — adding cheaper options **Josh Willingham**, David DeJesus and Hideki Matsui — might be better. Paired with a pitching staff that allowed the fewest runs in the AL last year, the A's may be the AL West favorites.

5 JAYSON WERTH The 31-year-old right fielder played his free-agency card like a champ. First, he hired agent Scott Boras. Then, Boras found a team (the Nationals) that was both itching to make a big splash and resigned to the notion that it would have to vastly overpay for said splash. The result: a $126 million contract. Well played, sir.



OFF-SEASON LOSERS



1 NEW YORK YANKEES They whiffed on Cliff Lee and Carl Crawford. They turned their negotiations with **Derek Jeter** into a public shaming of their iconic shortstop. And they watched Andy Pettitte choose retirement over $12 million. It's hard to remember the last time the Yankees lost out on so much.



2 ST. LOUIS CARDINALS True, the Cardinals neither gained (Lance Berkman, Ryan Theriot) nor lost (Brendan Ryan, Blake Hawksworth) much of consequence. But they let their contract talks with **Albert Pujols** drag on to the point where the odds appear to be 50-50 that he files for free agency after the season.



3 LOS ANGELES ANGELS Entering the winter, the surest thing in baseball was that the Angels would land Carl Crawford. Except they didn't, losing him to a $142 million bid from the Red Sox. Trading for **Vernon Wells** in what amounted to a salary dump by the Toronto Blue Jays may have made matters worse.



4 TAMPA BAY RAYS All you need to do is look at the players they lost over the winter: **Matt Garza**, Carl Crawford, Carlos Pena, Rafael Soriano, Joaquin Benoit, Randy Choate, Grant Balfour and Dan Wheeler. They can fill some of those holes with pieces from one of the game's best farm systems, but it still hurts.



5 MANNY RAMIREZ He went unsigned until late January. He had to swallow a 90 percent pay cut (from $20 million $2 million) to sign with the bargain-hunting Rays. And on top of everything else, he had to share the stage at his introductory news conference with Johnny Damon, who got more than twice as much ($5.25 million) as Ramirez did.

DAVE SHEININ (THE WASHINGTON POST)

Sports

As Good as It Gets in D.C.

Will the Wizards win a second road game this season?

Commentary

The Wizards have finally won a road game, and now one question remains: Just how bad are the Cleveland Cavaliers?

Actually, another question remains: Can the Wizards win another road game this season? If their current pace continues — one win every 26 road games — then we won't see another glorious moment like the 115-100 win over Cleveland until sometime next season. John Wall wasn't far off when he compared Sunday's victory to Christmas — doesn't it, too, come but once a year?



By Tracee Hamilton

Now the Wizards will play out a string of mostly meaningless games en route to yet another trip to the draft lottery. (Note to Irene Pollin: Clear your schedule for May 17 and send that yellow jacket to the cleaners; Ted Leonsis is taking you to Secaucus!)



TONY DEJAK/AP

Nick Young goes up for a layup in the Wizards' win in Cleveland on Sunday.

The sad truth is, there was more buzz about the Wizards during the losing streak than there likely will be the rest of the season. Washington isn't bad enough to be historically bad; Cleveland has claimed that dubious achievement. But Washington also isn't good enough to win 30 games this season.

Sadly, this is what rebuilding looks like. If you're expecting the Wizards to contend for the playoffs next season, then I want what you're having. This looks like a minimum three-year project, maybe more.

"Most franchises look for a quick fix. ... That isn't a plan. That is a semi-selfish act to make you feel good as an owner or leader."

— WIZARDS OWNER TED LEONSIS, ON HOW TOUGH REBUILDING REALLY IS.

The Wizards are in it for the long haul. If you're going to go along for that ride, pack the Pepcid and be prepared to celebrate questionable accomplishments such as ending a 26-game losing streak. Because this is going to be as good as it gets, at least for the near future.

And even if the Wizards don't beat, say, Detroit or Toronto on the road, look at the bright side: They close the season in Cleveland. Maybe they will manage to double their road win total this season after all. (THE WASHINGTON POST)

TV Lineup

TERPS HOOPS (8 P.M., MY20) Any NCAA Tournament hopes Maryland has hinge on defeating Virginia Tech, which already won against the Terps once this season.

MASON HOOPS (7 P.M., ESPNU) George Mason seeks its 12th-straight win and a chance to cement first place in the CAA when playing VCU.

MEN'S COLLEGE HOOPS (7 P.M., ESPN AND ESPN2; 9 P.M., ESPN) Kentucky hosts Mississippi State in an SEC showdown, and Texas Tech battles Missouri in the Big 12; then Ohio State seeks to rebound from its first loss when hosting Big 10 rival Michigan State.

PRO HOCKEY (7:30 P.M., VERSUS) The Montreal Canadiens hosts the Buffalo Sabres in a nationally televised contest.

SOCCER (2:30 P.M., FSN) Valencia hosts Schalke in the Champions League.

4.1M **The number of views** that videos of a backup Connecticut quarterback performing trick throws has received on YouTube. In the viral clips, redshirt junior Johnny McEntee throws a football into a garbage can from more than 40 yards away, knocks the Domino's pizza delivery sign off a car and skeet-shoots a dinner plate. (AP)

Ronaldo Retires



ANDRE PENNER/AP

BRAZILIAN STRIKER RONALDO announces his retirement Monday, citing an inability to keep fit. The three-time FIFA player of the year won two World Cups with Brazil.



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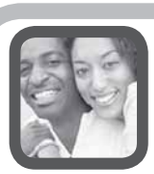
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Sports

Sex Claims Against Haynesworth

Waitress accuses player of weekend assault at D.C. hotel

The Redskins

The Redskins are looking into accusations that defensive tackle Albert Haynesworth sexually assaulted a waitress at the W Hotel in D.C. this past weekend.

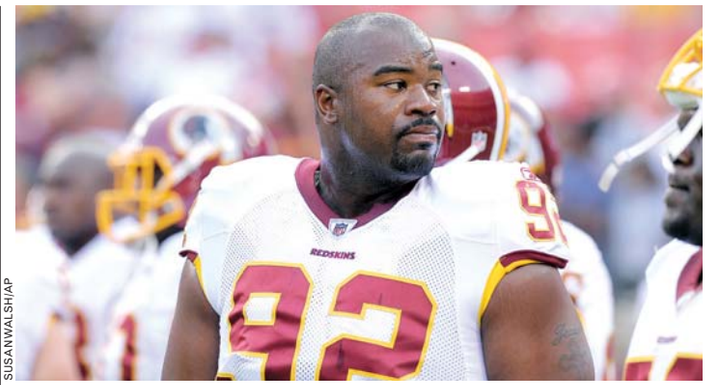
The incident, which was first reported by NBC Washington, is being investigated by D.C. police, and a determination will be made about which charges will be leveled against Haynesworth.

Washington Redskins senior vice president Tony Wyllie said, "This is the first I have heard about this. We are gathering further information."

Chad Speck, Haynesworth's agent, said in an e-mail: "There seems to be no truth to these allegations and we are currently evaluating the facts and considering our own legal actions against those involved."

The accusations are the latest negative development for the player.

Haynesworth on Saturday signed a releasable warrant for a charge with assault regarding a road rage incident that took place on Feb. 2. A fellow driver accused Haynesworth of hitting him while he was sitting in his car. Haynesworth will appear in court March 31. (THE WASHINGTON POST)



SUSAN WALSH/AP

Albert Haynesworth, who already faces assault charges, faces new allegations.



Breach of Conduct: Tiger Woods apologized after he was fined an undisclosed sum by the European Tour on Monday for spitting on the green during the final round of the Dubai Desert Classic. The tour said in a statement that tournament director Mike Stewart reviewed the matter and "feels there has been a breach of the tour code of conduct. Woods spit on the 12th hole after missing a par putt on his way to a 3-over 75. (AP)

Women: Is Your Drinking Causing Problems?

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The hand that rocks the cradle can hurt. Find out why from one new mother.

EASY ON THOSE THUMBS

Stretch marks, whacked-out hormones, an ugly scar from my emergency C-section. These were my postnatal worries. Losing the ability to use my left wrist wasn't even on my radar.

But two months after Ellie was born, I noticed discomfort in the bony, bumpy spot where my thumb meets the wrist when I picked her up and put her down. Finding time in my new-mom day for a shower was a triumph. Forget getting to a doctor. So, I shrugged it off — until the pain became so severe I thought I'd drop my baby.

The tendon was inflamed and snapping out of place, an orthopedist told me last February. And that's how I learned about Mommy Thumb — known by health professionals as De Quervain's tendinitis and estimated to affect one-quarter to one-half of new moms.

"It's essentially a strangulation of a group of tendons that run down your wrist into your hand," says Scott Edwards, medical director of Georgetown University's Center for Hand and Elbow Specialists. "These particular types of tendons are responsible for extending the thumb and the wrist, and we use them every day."

Grannies, nannies, pop-pops and dads are at risk for the condition, but moms 30 years and older — I'm 32 — are the most likely candidates, he says. It starts with hormonal and fluid imbalances during pregnancy, although discomfort might not start until after delivery, when new repetitive motions such as picking up a baby exacerbate it.

At its best, the feeling is a slight tugging. At its worst, the tendon locks out of place, and I've lost feeling along my thumb. To verify that the pain is indeed Mommy Thumb, doctors use the Finkelstein test. Tuck your thumb into your fist and point your knuckles downward. If that hurts, you've got tendinitis.

Plenty of other moms feel my pain, especially 35-year-old Jennifer Rigg, who lives in College Park and has the condition in both hands. She keeps it under control using wrist splints, ice and modified movements. "I generally try and find techniques to adapt the way I do things so I'm not putting as much strain on those tendons," Rigg says.

One way to prevent De Quervain's is to modify how you pick up a baby. Instead of sliding your hands with your thumbs up under the child's arms, scoop the child up under the tush, Edwards says. "That changes the forces across the wrist, and those particular tendons aren't firing as vigorously," he says.

Avoiding the condition can be tough, says orthopedic surgeon Steven Danaceau of the Arlington Musculoskeletal Center. "It's truly hard to prevent, because it's not bothering you beforehand," Danaceau says. But once you feel discomfort, ice or heat packs; ibuprofen; a brace; and minimizing use can help. When those fail, an injection of cortisone usually does the trick, he says.

Noninvasive treatments focus on reducing swelling, but "surgery gives up on that," Edwards says. "It unroofs the tunnel so the tendon can be as big as it wants as it slides through." Surgery is rare — only about one in 20 of his patients need it — but 95 percent effective with little chance of recurrence.

By the time Edwards operates on me, almost a year to the day since my diagnosis, I will have tried ice packs; over-the-counter and prescription anti-inflammatories; and two steroid injections. But if Ellie will learn that a hug from Mommy doesn't always come with a scratch from her brace, I'll give her something I haven't been able to offer: two thumbs-up. **STEPHANIE KANOWITZ**

Smart Move

Stephanie Kanowitz demonstrates a safe lifting technique with her baby, Ellie. She's cupping one hand under her kid's rear end, placing the other behind her back and then scooping up. It feels a bit awkward at first and can be tricky to master if your baby squirms, but it'll make your tendons very happy.

Wristy Business

See that wrist splint? One of the reasons Kanowitz has to wear it is that she lifted up Ellie too many times like this — with her thumb and index fingers forming an "L" and hoisting from under Ellie's armpits. Too much texting is often another culprit and may be why cases of Mommy Thumb are on the rise.

PHOTOS: MARGE ELY/EXPRESS

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Time for a Call to Action

Q I'm starting a long-distance relationship with a Marine. I don't mind the distance, but he has missions where communication is hard, and I wish he'd let me know beforehand. This last week, I texted him five times in the span of four days, and he wrote me last night asking me not to "blow up his phone." I, of course, said something a bit spiteful back. I'll apologize, but how can we improve our communication? **FRUSTRATED**

It's hard for me to say whether your expectations of him giving you a heads-up before he has to be incommunicado are unrealistic. They very well might be. But this relationship has barely started and you're already having fundamental disagreements about the nature of your contact. (Isn't this supposed to be the "You hang up first!" "No, you!" stage that makes everyone ELSE nauseated?)

Even more disturbing, you both are lashing out when the other one does something not to your specifications. It's time for a reality check. You say you don't mind the distance, but he's not exactly sitting in a cubicle in Yonkers. Can you truly handle the ramifications of that? And does he really seem "in it" enough to make you want to?

To Really Win, Stop the Fights

Q I have a bad habit of disagreeing with my boyfriend. He likes to always be right, and that gets on my nerves — so I argue with him just for the sake of showing him that he's not always right. He's told me that it makes him feel like I don't value his opinions and want him to feel bad about himself. How can I get better at picking my battles or letting his "know-it-all" attitude bother me less? **D.C.**

This is a classic case of reacting to an uncomfortable feeling by making everything even more uncomfortable. Though it makes for great reality TV, it's no way to run a relationship. So, you feel he always likes to be right, and it annoys you. Why not address that directly, rather than pushing back with the force of a defensive lineman?

There's no doubt it's unpleasant to admit that your loved one has a habit — in this case, a personality trait — that grates on you. But you have a wonderful opening, given that he's being honest about how you're making him feel. Now it's time for you to do the same. Use gentle, loving words, and do it at a time when you're both relaxed. Let your relationship — rather than either one of you — "win" this time.



By Dr. Andrea Bonior

@ Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

Event Horizon

Bethesda Boogie

Bethesda's unofficial nickname is "the city of restaurants," but the suburb's residents also like to sweat off their supper. See for yourself at Dance Bethesda (Bethesda.org), a celebration of movement featuring free classes on Friday night for adults (waltz, cha-cha, tango and more) and kids (hip-hop, jazz and modern). Chill out on Saturday by taking a seat and enjoying a performance at the Imagination Stage (8 p.m.; $15; 4908 Auburn Ave.).

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fit phys ed

Avoid the Gym Drama

For members who are being muscled out of Results, here are three alternatives



MARK GAIL/TWP

Members of Results Gym on U Street can get in a few more runs on the treadmill before the club closes at the end of this month.

Facilities

Members of Results Gym on U Street had better pump out those last few reps, because the health club is getting kicked out of the space at the end of the month. The landlord, who owns the competing Vida Fitness chain, plans to open a location of his club in the building after a three-month, multi-million dollar renovation.

But plans for extra amenities, including a rooftop pool, aren't doing much for members such as Ramin Katirai, 27. "Results is a second home to me. I'm in there four to five days a week," he says. "To switch it up seems unfair." He could stick with his Results membership and exercise at the club's Farragut North location, but that's a 10-minute bike ride away. If he wants to stay at the current Results space, he could join Vida, but that would require paying an initiation fee and a price hike of $15 per month — plus, he'd be exiled to the Metropole club at 14th and P streets during the renovations.

Neither seems like such a good deal. "So, right now, I'm looking at all alternatives," Katirai says. Here are a few other options he might want to consider.

HIDDEN GYM: There are two things people often don't realize when they walk by the D.C. Jewish Community Center (1529 16th St. NW; 202-518-9400; Washingtondcjcc.org). (1) There's a gym inside — and a pool, basketball courts, racquetball courts, a cycling studio and a fitness studio. (2) You don't have to be Jewish to join. "It's really a neighborhood community center," says membership director Tena Howell, who's proud of the J's welcoming vibe. "It's not an aggressive meat market. It's real people and real exercise."

To woo Results refugees, the DCJCC is offering them 10 percent off membership ($63-$92 per month, depending on the package), waiving the initiation fee and holding drawings for free personal training and other perks.

PERSONAL ATTENTION: The guidance Mike Everts and his staff provide clients at FIT (1633 Q St. NW; 202-255-7814, Fit-dc.com) isn't merely personal training. "I'm also your coach and professor," says Everts, who takes a comprehensive approach to fitness. Sessions include explanations of the science behind the moves, and clients are encouraged to attend $15 weekend classes that serve as a supplement to regular training. (Others are welcome to come, too.)

Everts rattles off a list of benefits of personal training gyms: fewer distractions, constant guidance, a higher level of accountability. The downside? It's expensive. But he's offering a 10 percent discount to Results members interested in trying one-on-one sessions, which typically range from $75 to $110.

"Results is a second home to me. ... To switch it up seems unfair."

—RAMIN KATIRAI, A MEMBER OF RESULTS WHO'S MAD THAT VIDA IS MOVING IN.

CLASS ACT: If a wall of ellipticals and tons of weight machines don't do anything for you, try Stroga (1808 Adams Mill Road NW; 202-238-9642, Stroga.com). Owned by Doug Jeffries, who also owns the Results chain, the Adams Morgan mansion eschews equipment in favor of small group training and yoga classes. The monthly fee is higher than a Results membership — $89 for unlimited yoga, $109 for unlimited group training or $129 for both — but no workout is ever the same. VICKY HALLETT (EXPRESS)

Strong Medicine Ball Exercises

Workouts

Pop quiz: What piece of fitness equipment can you throw, catch, hold and lift? The correct answer: a medicine ball.

While it can work like a dumbbell, a weighted ball is a more versatile tool, says Brett Hoebel, owner of Hoebel Fitness (Hoebel.com), creator of the RevAbs DVDs and designer of this workout. Whether you're throwing it onto the ground or catching it midlunge, a medicine ball challenges your core stability and coordination while toning your upper and lower bodies.

Starting with the first move, complete 10 to 12 reps, then rest for 30 seconds. Continue the pattern until you've done all four moves. Rest for a minute, then repeat for a total of two or three circuits.



1 Ball Slam

Stand with your feet slightly wider than hip-width apart and hold the ball overhead. With your arms slightly bent and back flat, brace your core and slam the ball onto the ground between your feet, bending your knees as you follow through. Quickly squat and pick up the ball. That's one rep.

2 Ab Jackknife

Lie faceup on the floor, holding the medicine ball overhead, arms and legs straight. Brace your core, then simultaneously lift your torso and left leg as you bring the ball toward your left foot. Lower your body back to the starting position and repeat on the opposite side. That's one rep.

3 Side Kick

Hold the ball at your chest, shift your weight onto your left leg, and raise your right knee, turning it slightly inward. In one motion, rotate your hips to lean toward the floor, kick your right leg to the side, and push the ball in front of you. Return to start. That's one rep. Do all reps, then switch sides.

4 Toss and Lunge

Stand, holding the ball with both hands at your chest. Toss the ball just slightly in front of you, then step forward with your left foot, lower down into a lunge and catch the ball at the bottom of the lunge. Push back to start, then repeat on the opposite side. That's one rep. JEN ATOR (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)

nutrition fit

Green Thumbs United

Events

Fresh ideas. Planting the seeds of change. Cultivating a community. It's hard not to use agriculture analogies when talking about Rooting DC, the annual urban gardening forum that's expected to draw 500 folks to a day of panels covering topics including beekeeping, green roofs and nutrition policy.

The event started as a way for individuals, nonprofits and government agencies to come together to get the dirt on what's happening in the city's plots of produce. But even if you've never composted or pondered seed saving, there are plenty of programs designed for you (and your kids), says co-coordinator Katie Rehwaldt.

Growing veggies leads not only to easy access to more nutritious grub, but to a healthier lifestyle overall, notes Rehwaldt. "Gardening provides exercise and an opportunity to be outside," she says. And those are benefits we could all stand to harvest. VICKY HALLETT (EXPRESS)

● *Saturday, 9:30 a.m.-4 p.m.; Coolidge High School (6315 5th St. NW); free, but please pre-register by calling 202-638-1649. Details at Rootingdc.org.*

Recipe File



LARRY CROWE/AP

MAPLE-GARLIC ROASTED PARSNIPS

Ingredients

- **2 pounds parsnips, peeled and cut into 1-inch pieces**
- **4 cloves garlic, chopped**
- **1 1/4 teaspoons salt**
- **3 tablespoons maple syrup, or more to taste**
- **1 tablespoon olive oil**
- **1 teaspoon ground black pepper**
- **2 tablespoons granulated maple sugar**

Makes Six to Eight Servings

Heat the oven to 350 F. Line a rimmed baking sheet with parchment paper.

In a large bowl, combine the parsnips, garlic, salt, maple syrup and oil. Toss well to coat, then transfer to the prepared baking sheet, arranging the parsnips in an even layer. Bake for 45 minutes, or until tender and starting to brown. During roasting, stir the parsnips every 15 minutes for even browning.

In a small bowl, mix together the black pepper and maple sugar. Sprinkle this over the parsnips, then return them to the oven for another five minutes. (AP)

Start to Finish

50 minutes (20 active)

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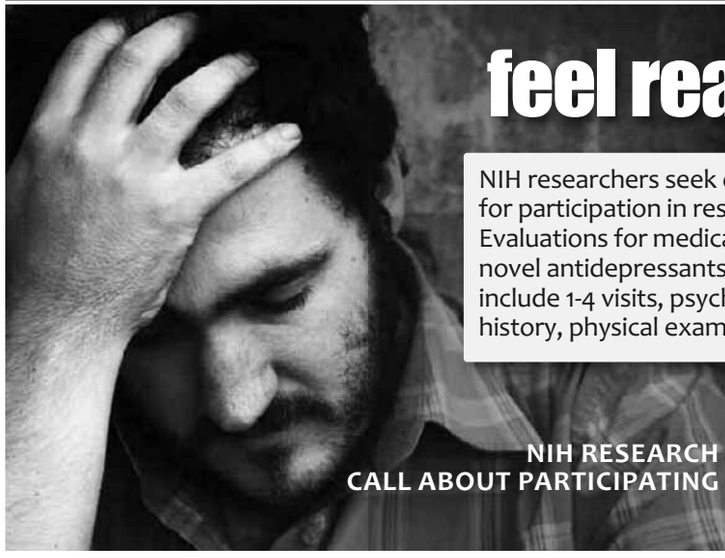
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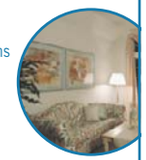
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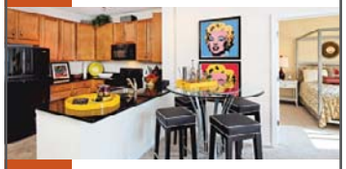
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Sound Bets



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Seeing Is Believing

If elephants have great memories, I have the recall of a microbe. Sure, I can conjure up the most obscure side project of a British shoegaze band's second drummer, but I can barely remember high school.

But there is one 12th-grade moment that has always stuck with me. It's a question posed by my drama teacher: If you had to lose your hearing or your eyesight, which would you choose? It was likely an exercise to make us think about using other senses while acting — but one classmate's answer still rings in my head: "I'd lose my sight because I'm a musician."



By Christopher Porter

Even though I've dedicated 90 percent of my career to writing about music — and all things sonic have been my primary hobbies since I was in middle school — if I had to choose, I would lose my hearing, ears down.

That's right: Despite the name of this column, I would not bet on sound. There are just too many amazing sights to give up my eyeballs, from my kids to the fjords, from my wife to the Alps. Plus, with sight, I'd always know if I was being followed by a moonshadow.

@ Comments? Give Christopher your feedback: **expressnightout.com/soundbets**

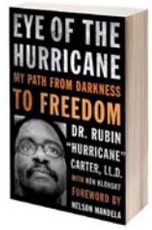


HURRICANE'S COMEBACK

Rubin Carter fought hard for his freedom; now he helps others in similar situations

Author Q&A

In 1966, Rubin Carter, a middleweight boxer whose swiftness and fury in the ring earned him the nickname "Hurricane," was convicted of the brutal murder of three men in a New Jersey bar. His confession was roughly coerced, and he spent the next 20 years in solitary confinement at Rikers Island prison complex, trying to overturn his conviction. He was finally released in 1986.



It's a well-known story — so compelling that it can't be told in just one medium. Bob Dylan wrote a song about it in the 1970s, and in 1999, Norman Jewison directed a movie about "The Hurricane" starring Denzel Washington. There are dozens of books about Carter's journey, including "The Sixteenth Round: From Number 1 Contender to Number 45472," written by the man himself in 1974. Last month, Carter added a second book to the list: "Eye of the Hurricane: My Path From Darkness to Freedom" ($27, Lawrence Hill Books), which he wrote with Ken Klonsky.

Carter's new book not only addresses his time at Rikers, but also tells what he did with his hard-won freedom: He has worked tirelessly on behalf of wrongly convicted inmates, many of whom have no other recourse but Carter's organization, Innocence International.

How long have you been working on "Eye of the Hurricane"?

I've been thinking about writing this book for about 36 or 37 years. But before I could really sit down and write it, I had to live it. When finally I felt I had enough, it was time to get it out. So, I sat down and wrote the book, and the book is really about miracles. It's about never giving up. It's about this wonderful planet Earth that we live on and this wonderful universe that we live in.

I'm struck by your optimism. How do you fight off cynicism about what the system did to you?

We all go through things on this earth. That's part of our legacy. Some go through a whole lot, some don't have to go through much, but we all have to go through something. It's not how much money you make in life or how many degrees you've gotten. It's about having been knocked down so many times and getting up all the time.

How does this book relate to "The Sixteenth Round"?

"Eye of the Hurricane" is the completion of "The Sixteenth Round." That was a very angry, very bitter book because I felt as though I was a victim.

"The Sixteenth Round" was a polemic against the whole system. "Eye of the Hurricane" goes far beyond that. It's a metamorphosis. It's about change. We all have that transformative power within ourselves to change, and the thing that I discovered in prison is that when you change, the world around you also changes. It is, in fact, the only way the world can change.

How does Innocence International work?

Innocence International is a global service network dedicated to defending innocent people from wrongful convictions. We don't defend guilty people. There are lawyers for that. We defend innocent people, and we make that determination ourselves.

It's not easy at all. Once somebody has been found guilty, that's it. If the system says you're guilty, then you must be guilty. But that's not necessarily true.

STEPHEN M. DEUSNER

● *Politics & Prose, 5015 Connecticut Ave. NW; Tue. ,7 p.m., free; 202-364-1919. (Van Ness)*



Full of Surprises: On Monday, Radiohead unexpectedly announced that its eighth studio record, "The King of Limbs," will be available on Saturday. Unlike its last pay-what-you-want album, "In Rainbows," this one will have a price: $9 for an MP3 download. For about $50, there's also an extensive "Newspaper Album" that includes two vinyl records, deluxe packaging and 625 pieces of artwork. The U.K. band did not reveal the album's track listing. **(AP/EXPRESS)**

Compiled by Fiona Zublin. For more upcoming events, follow the Top Stops blog at expressnightout.com/topstops.

expressnightout.com lookout

top stops



1 Bardolatory

Does the existence of "Gnomeo & Juliet" make you wish Western Civilization would go ahead and fall already? Anthony Del Col and Conor McCreery's graphic novel "Kill Shakespeare" is how adaptations should be done. The book turns Bard players (among them Juliet and Othello, pictured) into adventurers searching for a recluse by the name of Bill Shakespeare. ***Folger Shakespeare Library, 201 E. Capitol St. SE; 7:30 p.m., $15; 202-544-7077, Folger.edu. (Capitol South)***

2 Sonnets and Sentiment

If you didn't tell your significant other you love him/her yesterday, you're a horrible person. Or maybe you're just emotionally stunted and choke on the L word because your parents never hugged you. In which case, let others do the talking — listen as three poets read their own work and the love poems that have inspired them in their careers. ***Library of Congress, 10 1st St. SE; noon, free; 202-707-9493, Loc.gov. (Capitol South)***

3 When Whimsy Attacks

If ukuleles are whimsy incarnate, what does that make the toy piano? (Which is exactly what it sounds like it is.) French composer and musician Yann Tiersen — who garnered much praise for his soundtrack to "Amelie" — hearts the tiny instrument and will (we hope) have it with him tonight. "What is the kazoo/harmonica/late-'80s cellphone thing he's holding in the pic at left?" you ask. It's a melodica. The more you know! ***9:30 Club, 815 V St. NW; 10 p.m., $25; 202-265-0930, 930.com. (U St.-Cardozo)***



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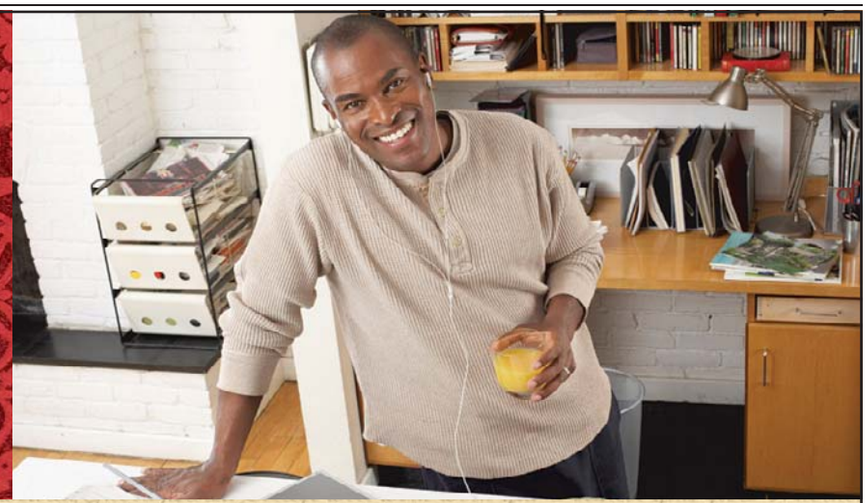


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6:30 PM Hear a Discovery: audio of the first identification of a pulsar in the Crab, c. 1968
7:00 PM "Meet the Lecturer" Q&A session
7:30 PM Lecture
8:15 PM Stargazing in the Public Observatory, weather permitting

An explosion seen 957 years ago left behind a star spinning thirty times a second to form and illuminate what we know today as the Crab Nebula. During the past year, the new Fermi telescope has seen rapid flares from the Crab which strongly suggest it has the highest energy known to be associated with any cosmic source. Combining these observations with recent discoveries by the Chandra and Hubble telescopes is leading to a much better understanding of astrophysics at the highest energies and what it means in our world.

Dr. Blandford is a renowned astrophysicist who was the chairman of the National Academy of Sciences Decadal Survey (2011-2020) and holds the John N. Bahcall Distinguished Lectureship at the Space Telescope Science Institute in Baltimore.

This lecture is made possible by the Hubble Space Telescope Project Science Office.

Reserve FREE tickets at AirAndSpace.si.edu/CrabNebula. For information, call 202.633.2398

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IDW PUBLISHING

The "True Blood: All Together Now, Vol. 1" comic set is based on the HBO drama.

An Uninspired Interpretation

A watered-down take on HBO's 'True Blood' arrives in drawn form

Comics

Twihards ("Twilight" fans) might be as common as O-positive blood types, but Trubies ("True Blood" fans) are coagulating into an imposing mass, too.

Devotees of HBO's soapy vampire drama can already devour "True Blood"-inspired fake blood drinks, Bon Temps mugs and Merlotte's aprons. And now they can sink their fangs into the series in comic book form. "True Blood: All Together Now, Vol. 1" ($25, IDW), a hardcover compilation of the first six comic books based on the show, hits stores Tuesday.

Developed with show creator Alan Ball along with series writers Kate Barnow and Elisabeth Finch, the comics assume you can already tell your shapeshifters from your werewolfs, and that you can recognize Anna Paquin, Stephen Moyer and Alexander Skarsgard in cartoon form (even though Paquin is particularly poorly drawn). They also present some entirely new story lines. In one arc, key characters are trapped by a vengeful spirit and coerced into revealing painful memories from their past; in another, drinking bad blood makes a vamp go berserk.

The comics' artwork stays true to the spirit of the series' foreboding, sexually charged atmosphere, but the pen-and-ink gore (and gratuitous sex) is easier to stomach than the live-action kind. So, "All Together Now" is essentially a PG-13-rated guilty pleasure depicting blood-suckers. Sound familiar, Twihards?

KATIE ABERBACH (EXPRESS)

TV Beat



Truthiness at Sea: Stephen Colbert will embark on the biennial OnDeck Charleston Bermuda Race on May 11, a 777-mile yacht race from his native Charleston, S.C., to Bermuda. "The ocean has had a free ride too long," Colbert said. "Well, it has to deal with me now. Brace yourself, Atlantic!" The "Colbert Report" host plans to make the adventure a focal point on his show. **(AP)**

TV tonight lookout

An Unstoppable Force

TV's most-watched scripted series keeps gaining new viewers

Crime

CBS 8:00 Leroy Jethro Gibbs arrived in a troubled world in fall 2003, a tough but tender former U.S. Marine and chief character on a new CBS drama called "NCIS." He soon became a salve for the wounded American psyche.

In an era when the military is revered more than at any time since World War II, Gibbs and his team at the Naval Criminal Investigative Service (modeled on the real agency based in Washington) punish those who kill U.S. sailors and Marines. Every week a military corpse turns up, and 42 minutes later, someone pays for the crime.

"I think this is a show for its time," says Shane Brennan, executive producer. "In the post-9/11 world, everything has changed. The world is looking for a victory.



RON P. JAFFE

From left to right: Sean Murray, Mark Harmon and Michael Weatherly star in "NCIS."

People can come to this show, and they can see good triumph."

"NCIS," the most-watched scripted show on TV, appears to be gaining audience members, even in its eighth season: They have topped 20 million for four consecutive weeks, with a show record of 23 million Feb. 1.

"NCIS" is yet another crime show on a traditional broadcast network known for an audience that skews older and programming that tends toward the comfortable and formulaic. It has the predictable cast of likable characters — each witty, tough, smart and attractive. But "NCIS" has also done something rare: It seems to have tapped into the national zeitgeist in a way that the likes of Hawkeye Pierce, Archie Bunker and the cast of "Friends" did in earlier decades.

KEVIN SULLIVAN (THE WASHINGTON POST)

Best Bets



NBC 8:00 **The Biggest Loser** The contestants (including Jay Jacobs, right) are tied up in a rope challenge that requires teamwork, but the winning team gets exclusive access to the gym for a week. One player reaches a milestone at the weigh-in.

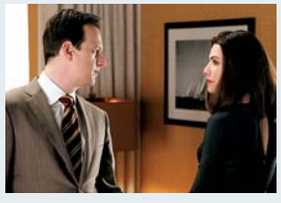
CW 8:00 **One Tree Hill** Forget the lies and the videotape; it's sex games, secrets and shoelaces that all play a part — somehow — as the couples of Tree Hill celebrate Valentine's Day. Sophia Bush, James Lafferty and Austin Nichols all star in the new episode "Valentine's Day Is Over."

FOX 9:30 **Traffic Light** Callie is upset after the guys get rid of a carnival prize Adam won for her years ago, but when Adam tries to replace the toy, he leads Callie to discover the carnival gambit is a move he'd used before.



NBC 10:00 **Parenthood** Adam (Peter Krause, left) and Kristina plan a birthday party for Max hosted by a children's performer (guest star Michael Emerson, "Lost") who lives with Asperger's. Jasmine and Crosby confront an issue that could change their relationship. Drew's bond with Seth grows. (TRIBUNE MEDIA)

Law



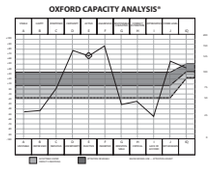
Facebook Effect

Fans of the film "The Social Network" may detect some (probably intentional) resonances in this week's "The Good Wife" (10 p.m., CBS), which finds Will (Josh Charles, above left) and Diane representing a young Internet billionaire who is suing a film studio for depicting him negatively. Alicia (Julianna Margulies, above right) finally confronts Will about the voice mail message he left for her. (TM)

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INFORMATION TECHNOLOGY

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Microsoft Certified Professional (MCP)	March 2
Oracle 11g RAC Administration	March 7
Oracle 11g Certified Associate (OCA)	March 8
CISSP	March 14
Information Technology Foundations (A+/Network+/MCP/CCNA/Security+)	March 14
CCNA	March 18
Network+	March 26
IT Business Analysis	April 2
Security+	April 13
Oracle 11g Certified Professional (OCP)	April 14
Microsoft SQL Server 2008	April 18
Oracle 11g Database Security	April 18

and more...
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Poll Center

Today's Question

DO YOU THINK THE WIZARDS WILL WIN ANOTHER ROAD GAME THIS SEASON?

VOTE AT EXPRESSNIGHTOUT.COM OR TEXT A FOR YES OR B FOR NO TO 98999

Monday's Results

DO YOU THINK THE TREND OF REVOLUTION IN THE MIDDLE EAST WILL END WITH EGYPT?

88% NO | 12% YES

"The uprisings may continue, but I wouldn't expect more governments to be overthrown. Not every Middle Eastern country has an army as professional and progressive as Egypt does, or the same history of civilization that exists there."

COMMENTER PHILIMUS

"It won't end until each and every repressive regime in the region is driven from power. Who knows? The Israelis might even be inspired to boot out Bibi!"

COMMENTER DIOGENES

SEE HOW YOUR METRO STATION VOTED AT WWW.EXPRESSNIGHTOUT.COM

"While Airbus' production and financial difficulties are phenomenally huge and will never be covered ... the current forward loss position on the 747-8 program makes Boeing's task to both sell the airplane and make money from it much more difficult."

—FLEETBUZZEDITORIAL.COM ISN'T SURE THE NEW BOEING PLANE, WHICH WAS UNVEILED SUNDAY AND IS 250.3 FEET LONG, WILL HELP THE COMPANY'S BOTTOM LINE.





"We may be in for quite the shake-up of the iOS world if Ethan Smith's new article in the Wall Street Journal has any weight to it. Smith makes some pretty bold claims about a new, less-expensive iPhone, which he states has an edge-to-edge screen and weighs quite a bit less than the current iPhone 4."

—TUAW.COM IS SALIVATING OVER RUMORS ABOUT THE SO-CALLED "IPHONE NANO."



"The first time watching this raised a smile, but then I realized that [Serene] Branson could have suffered a stroke or some other serious problem. And once that crosses your mind, watching her flub her lines really isn't funny anymore."

—WEBTVHUB.COM REACTS TO SEEING BRANSON'S GRAMMY REPORT ON CBS-2 IN LOS ANGELES SUNDAY NIGHT. REPORTS SAY A MILD STROKE MAY HAVE CAUSED HER TO STUMBLE THROUGH HER LIVE BROADCAST SPOT, WHICH BECAME A VIRAL HIT.



Blog Log

"You know that saying about the dog which chased the car but didn't know what to do once it caught it? Shirley Sherrod just filed suit against Andrew Breitbart, but I think she'll find it was not worth the pursuit."

—LEGALINSURRECTION.BLOGSPOT.COM THINKS THE FORMER USDA OFFICIAL HAS VERY LITTLE TO GAIN BY TAKING LEGAL ACTION AGAINST THE CONSERVATIVE PUNDIT WHO COST HER HER JOB.

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puzzles lookout

Horoscope

AQUARIUS (Jan. 20-Feb. 18) You'll want to be asking questions throughout much of the day, but be prepared to get the answers at a slower pace, and out of order.

PISCES (Feb. 19-March 20) The time for teamwork may be coming to an end, and you'll realize just what you have to do on your own to get things done in the right way.

ARIES (March 21-April 19) A long, hard workday will result if you begin your morning in an unfocused, rather lazy fashion. Be focused right out of the gate.

TAURUS (April 20-May 20) That which has had you under its spell in recent days or weeks is likely to release you at this time. Enjoy newfound freedom.

GEMINI (May 21-June 20) What comes naturally may not be the best thing for you to indulge in at this time; indeed, the more work a thing takes, the more valuable it is.

CANCER (June 21-July 22) You may not agree with the way someone close to you is going about his or her business, but you can't argue with the results.

LEO (July 23-Aug. 22) Follow your instincts, and they will lead you to the threshold of something quite exciting — and, perhaps, long-lasting, too.

VIRGO (Aug. 23-Sept. 22) A plan made some time ago is nearing completion, but you may have neglected to consider one small detail that can make all the difference.

LIBRA (Sept. 23-Oct. 22) The more prepared you are for any eventuality or contingency, the more progress you will make when you are under unusual pressure.

SCORPIO (Oct. 23-Nov. 21) You aren't about to pursue something along a single, logical, linear track; you're ready to branch out and think more freely.

SAGITTARIUS (Nov. 22-Dec. 21) You may have to stop on a dime and reconsider your position — even while you keep one or two serious threats at bay.

CAPRICORN (Dec. 22-Jan. 19) Some may consider you unfit for the job you have taken on, but you are perfectly suited for all its inherent variations.

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Scrabble Grams

PAR SCORE 155-165, BEST SCORE 224

							2nd Letter Triple	RACK 1
A1	E1	O1	O1	S1	M3	V4		
								RACK 2
A1	I1	G2	T1	M3	C3	B3		
							Double Word Score	RACK 3
A1	E1	I1	O1	X8	M3	T1		
								RACK 4
A1	Y4	L1	K5	F4	N1	R1		

Yesterday's Solution

L1	E1	T1	D2	O1	W4	N1	RACK 1 =	61
I1	N1	S1	U1	R1	E1	D2	RACK 2 =	58
W4	O1	R1	K5	B3	A1	G2	RACK 3 =	101
J8	O1	Y4	R1	I1	D2	E1	RACK 4 =	69
PAR SCORE 200-210							TOTAL	289

FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Sudoku

MEDIUM

	7			9			3	5
		2		5				7
9	5		6			4		
	3							
1		5				9		6
							2	
		8			9		7	2
5				1		8		
4	9			2			6	

Yesterday's Solution

8	1	9	5	4	6	7	3	2
5	7	3	2	8	9	1	4	6
4	2	6	1	3	7	8	9	5
6	5	4	7	2	8	9	1	3
3	8	7	9	1	5	2	6	4
2	9	1	4	6	3	5	7	8
1	3	5	8	7	4	6	2	9
9	6	2	3	5	1	4	8	7
7	4	8	6	9	2	3	5	1

Need more Su|do|ku? Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

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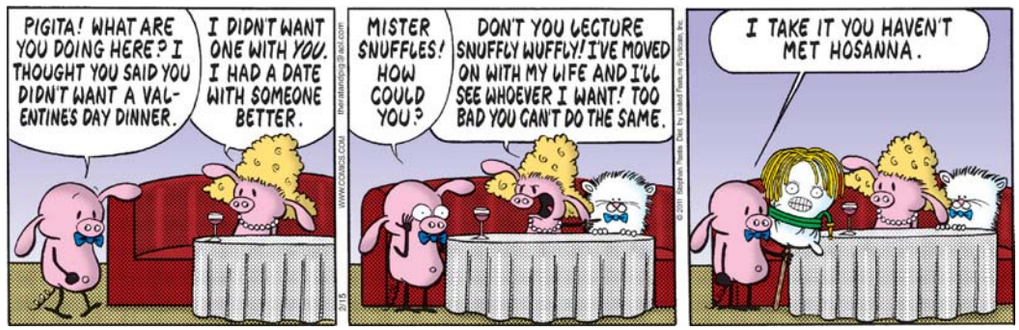
Comics

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POOCH CAFE | PAUL GILLIGAN



PEARLS BEFORE SWINE | STEPHAN PASTIS



Forecast

46 | 31

Today: Mostly sunny, windy and cooler today. Patchy clouds tonight.

53 | 38

Tomorrow: Partly sunny tomorrow. Partly cloudy tomorrow night.

Looking Ahead

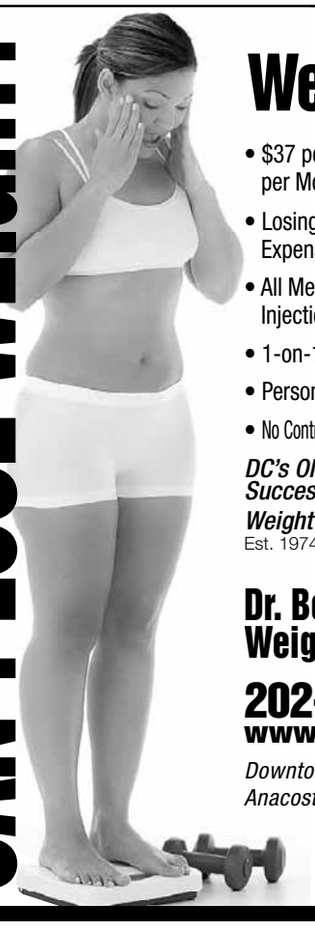
THU	FRI	SAT
60 | 44	69 | 43	50 | 28

Sun and Moon
Sunrise today: 7:00 a.m.
Sunset today: 5:45 p.m.
Moonrise today: 2:54 p.m.
Moonset today: 4:50 a.m.

Almanac
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Record high: 73
Normal low: 29
Record low: 4

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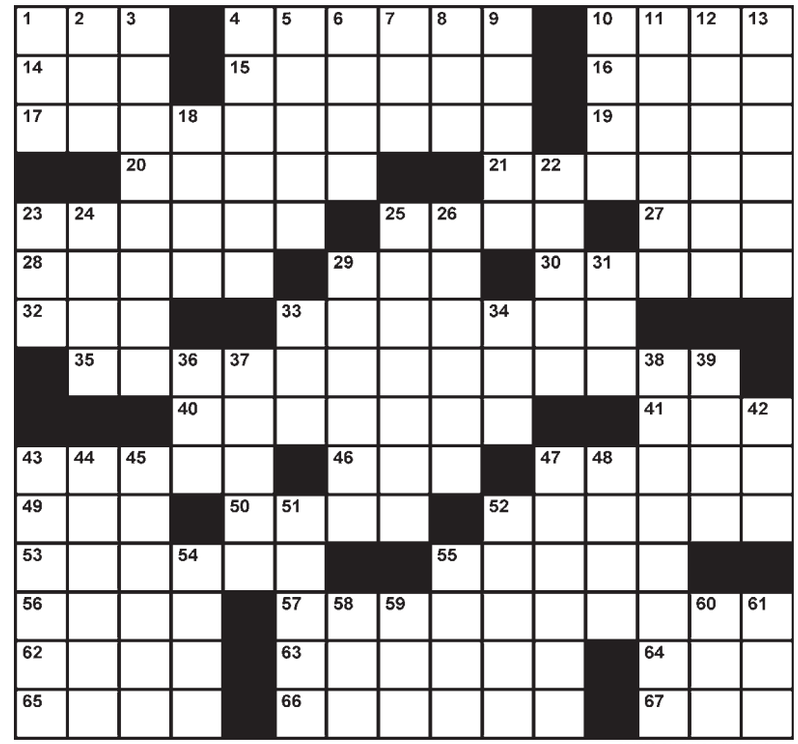
WHERE INNOVATION IS TRADITION

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lookout puzzles

Crossword

STATE YOUR CASE



EDITED BY TIMOTHY E. PARKER

ACROSS

1 Birler's perch
4 Boneless servings of fish
10 Ooze
14 "Flags of ___ Fathers"
15 ___ National Park, Maine
16 Twelfth Jewish month
17 Wrinkle fighters
19 Mineral in sheets
20 Pandora's boxful
21 Shop with an anvil
23 With sound judgment
25 Georgetown athlete
27 "... ___ he drove out of sight"
28 Access
29 "The Iron Horse" Gehrig
30 Stair part
32 Tiny
33 Have or hold
35 It reduces mineral content
40 Temporary period
41 Cry of mock innocence
43 Bundled, as straw
46 Abbr. for some generals
47 Miss ___ (do an imperfect painting job)
49 Genesis exile
50 York's river
52 Apportions
53 Renounce, as a family member
55 Acquired relative
56 Eyelid attachment
57 Figure eight producers
62 Elemental bit
63 Without secrecy
64 Light knock
65 Clothing store section
66 Edict city of France
67 Berkshire abode

DOWN

1 "El," pluralized
2 Heavily sedated
3 Chinese potable
4 Kind of tree
5 In a very unfriendly way
6 Lawrence of Scandinavia
7 Tokyo, once
8 Common alloy component
9 Full of attitude
10 Hauling vehicle
11 Upper crust types
12 Trick-taking card game
13 Kind of piano
18 Assert positively
22 Singing Osmond
23 Attach, as a patch
24 From square one
25 One to toast at a roast
26 Uniform
29 Many in Las Vegas
31 Country lodging
33 PC screen, possibly
34 Jackson hole locale?
36 Suit go-with
37 Fund, as one's alma mater
38 Permits
39 Try to find truffles
42 "... for what ___ worth"
43 State of extreme confusion
44 Fly a 747
45 Bit of instruction
47 Soothes, as fear
48 Wood strip used as a bed support
51 Labor group
52 Joint covered by a spat
54 Resistance units
55 Winning-everything connector
58 Spring hiree, for many
59 Dark time, in verse
60 Animal that frequently hides on ships
61 Be a mole

Yesterday's Solution



Today in History

1879 President Rutherford B. Hayes signs a bill allowing female attorneys to argue cases before the Supreme Court.

1961 Seventy-three people, including an 18-member U.S. figure-skating team, are killed in the crash of a Sabena Airlines Boeing 707 in Belgium.

1965 Canada's new maple-leaf flag is unfurled in Ottawa.

express

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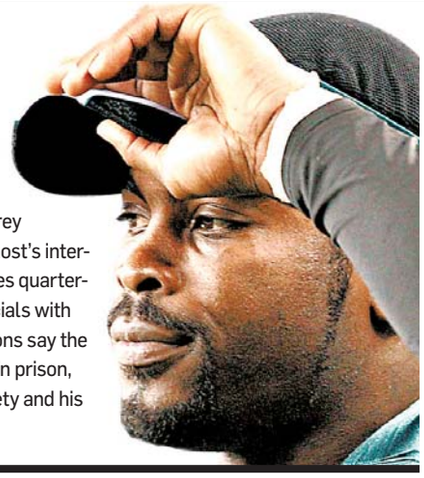
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people lookout

REPENT!

World's Highest Moral Authority To Rule on Craven Sinner's Soul



Michael Vick is scheduled to be a guest on the "The Oprah Winfrey Show." The daytime talk show host's interview with the Philadelphia Eagles quarterback is set to air Thursday. Officials with Chicago-based Harpo Productions say the interview will cover Vick's time in prison, his work with the Humane Society and his return to the NFL. **(AP)**

BAD IDEAS

3-Year-Old Royal Page Boys Ready to Pick Noses, Giggle

Key supporting roles in the royal wedding were handed out Monday, with Prince Harry named as his brother's best man and Kate Middleton's sister, Pippa, chosen as her maid of honor. The couple also named bridesmaids and page boys for the big event, including two 3-year-olds who will be asked to be on their best behavior during the globally televised ceremony. **(AP)**



RICHARD HEATHCOTE/GETTY IMAGES

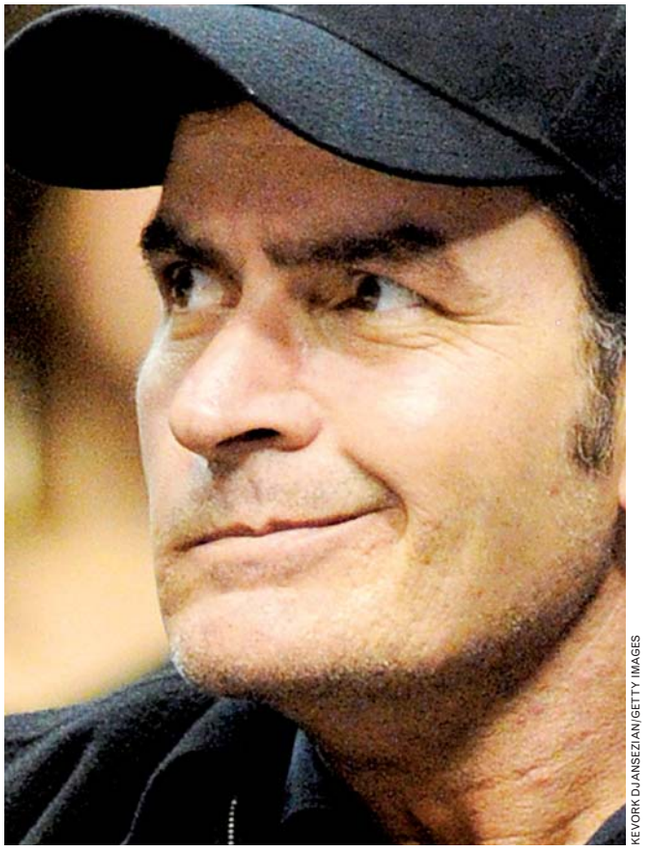
Kate has been instructed to leave her "Mardi Gras manners" in her old life.

Victims



We'd Choose The Knives, Too

Bravo exec Andy Cohen says statements he made about Heidi Montag on Thursday were extreme. Montag tweeted that she might become a Real Housewife; Cohen responded that "I would sooner stab knives into my own eyes than see her on this network." "I guess I got a little carried away," he told People.com this weekend. **(EXPRESS)**



KEVORK DJANSEZIAN/GETTY IMAGES

WORK

'I'm Sober! Pay Me!'

Charlie Sheen called the Dan Patrick radio show Monday morning to complain about CBS' putting "Two and a Half Men" on a production hiatus while Sheen rehabs. "They said, 'You get ready [and] we'll get ready.' And I got ready," he said. "I heal really quickly, but I also unravel really quickly," he added. "So, get me right now, guys. Get me right now!" Also, why does he drink and party so much? "Boredom." **(EXPRESS)**



NYT'S ACTUAL RESPONSE

'The Error Lies With Those Who Are Reading The Story Incorrectly'

Whoopi Goldberg is upset over a New York Times article about racial diversity at the Oscars that failed to mention her Academy Award. "I am embarrassed to tell you it hurt me terribly," she said on "The View." "This is sloppy journalism," she ranted. **(EXPRESS)**

"My mother has forever been the backbone of this family, and making a mockery of her parenting solely based on fabricated information is unbelievably offensive."



—MICHAEL LOHAN JR., REGARDING THE RECENT MOCKING OF LOHAN MATRIARCH DINA, LEFT, ON "GLEE" AND "THE VIEW."



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FOLLOW US ONLINE

The Orange and Blue Lines between Metro Center and L'Enfant Plaza stations will be closed from 10 p.m. Friday, February 18 until 5 a.m. Tuesday, February 22.

Federal Triangle and Smithsonian stations will also be closed.

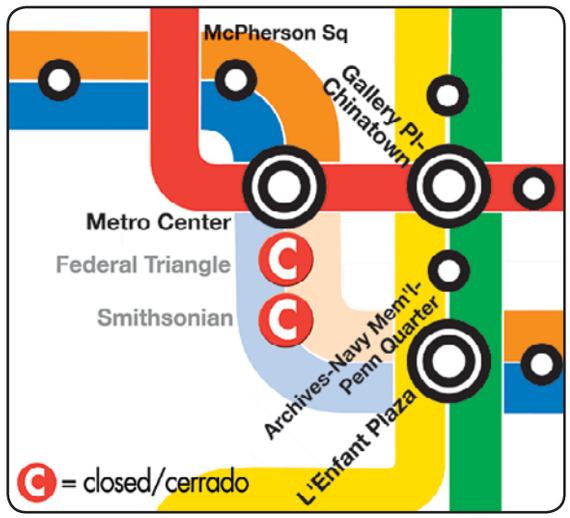
Station and track closing

From 10 p.m. Friday, February 18 until 5 a.m. Tuesday, February 22, Metro crews will replace four track switches at Smithsonian station to comply with National Transportation Safety Board recommendations.

Federal Triangle and Smithsonian stations — as well as the Orange and Blue Lines between Metro Center and L'Enfant Plaza stations — will be closed.

Avoiding the work area

You may transfer at Metro Center and L'Enfant Plaza and detour through Gallery Pl-Chinatown station using the Red and Yellow/Green lines. Or you may use the free shuttle bus service (with free transfers in and out of the rail system). Buses will loop between Metro Center and L'Enfant Plaza stations approximately every 10 minutes with stops near Smithsonian and Federal Triangle stations.



- At Metro Center station, the bus stop will be in the northbound lane of 11th Street between F and G streets, NW.
- At L'Enfant Plaza station, the bus stop will be in the eastbound lane of Maryland Avenue at 7th Street SW (in front of station entrance).
- At Smithsonian station, the bus stop will be in the westbound lane of Independence Avenue, just east of 12th Street SW.
- At Federal Triangle station, the bus stop will be in the northbound lane of 12th Street near the station entrance.

Signs will direct you to the shuttle bus stops.

If you plan to use Metrorail through the work area, please add 40 minutes to your trip time.

Red Line single-tracking

Over this weekend, Metro will also perform work on two sections of the Red Line:

- Between Shady Grove and Twinbrook stations. Trains will share one track to allow for platform repairs at Rockville station.
- Between New York Ave-Florida Ave-Gallaudet U and Rhode Island Ave-Brentwood stations. Trains will share one track to allow for ongoing rehabilitation of the Red Line.

This work will require trains to share one track through the affected areas and could increase your trip time by up to 20 minutes.

For more information on this important work, please visit MetroOpensDoors.com or call 202-637-7000.

metro

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I have so much more confidence!

Jowell, age 48

OCCUPATION

Homeland Security Analyst

TREATMENT

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DENTAL TURNING POINT

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HIDDEN TALENT

Musician

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**Qualified patients can have their procedure in one day after initial workup without additional bone graft surgery. Results may vary in individual cases. © 2010 ClearChoice Dental Implant Centers*

My smile is drop dead gorgeous!

Jean, age 53

OCCUPATION

Homemaker

TREATMENT

Multiple dental implants and beautiful new teeth

DENTAL TURNING POINT

I chipped my front tooth and knew that if I went in to have it repaired it would turn out to be another bad crown that did not match the rest of my teeth. And my partial bridge was cracking, again. I knew that I did not want just another temporary solution.

HIDDEN TALENT

I'm a great shopper.

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